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ABSTRACT

The materials listed in this booklet provide background information on theories of the interrelationships of food, nutrition, and culture; the social history of food and culture; and ethnic cuisine. Also included are citations for basic nutrition information and sources of translated teaching aids for use in group settings. The first section contains citations of references about basic information on the cultural food patterns from perspectives of history and anthropology. In the second section, lists are given of bibliographies, indexes, directories, handbooks, dictionaries, teaching aids, and books about general nutrition. The third section presents sources of nutrition information and educational materials which have been translated into various languages and are useful for obtaining resources for ethnic nutrition programs. The fourth section offers references on food customs of various cultures. The final section is a script for "Eating Right," an audiovisual presentation on forming good nutritional habits in different cultural settings. (JD)

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RESOURCES ON FOOD, NUTRITION AND CULTURE

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Compiled by
Donna MacDonald

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1983

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FOOD, NUTRITION AND CULTURE

compiled by

Donna MacDonald

Nutrition Information Service

Ryerson Polytechnical Institute Library

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INTRODUCTION

The materials listed herein provide background information on theories of the interrelationships of food, nutrition and culture; the social history of food and culture; and ethnic cuisine. Also included are citations for basic nutrition information useful to those with little formal training in nutrition, and sources of translated teaching aids for use in group settings. In order to improve access, addresses and ordering information have been included for those sources of materials which are not well known.

This resource and reference guide has been prepared to accompany Eating Right, a slide-tape presentation aimed at immigrant women. A script for Eating Right is included to aid those interested in devising an educational program based on the principles of this production. The Canada Food guide is the foundation of Eating Right. Individuals or groups using Eating Right in other countries may easily adapt the program to the food guide they are familiar with.

Eating Right (1982) was produced by the Immigrant Women's Centre in Toronto under a grant from Health and Welfare Canada. Further information can be obtained by contacting: Library Publications Office, Ryerson Polytechnical Institute, 50 Gould Street, Toronto, Ontario, M5B 1E8.

Food Customs: Anthropological and Historical Views

The references cited in this section provide basic information on the cultural food patterns from the perspectives of history and anthropology. Numerous references cover the relationship between food practices and nutritional status. Readings cited provide the basis for an understanding of the concepts involved in the food-culture-nutrition relationship and outline the progress of research in this area.

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Adams, R.N. "Nutrition, anthropology, and the study of man", Nutrition Reviews, 17 (4):97, 1959.

"Adapting ethnic foods to nutritional needs", Forecast for Home Economics, 17 (9):f86, 1971.

Arnott, M.L., ed. Gastronomy: The Anthropology of Food and Food Habits. Chicago: Beresford. The Book Service, 1976. $27.00

Barer-Stein, T., "Multiculturalism and nutrition counselling", Journal of the Canadian Dietetic Association, 42 (2):112, 1979.

Barer-Stein, T. You Eat What You Are. Toronto: McClelland and Stewart Ltd., 1980. $16.95.

Bleibtreu, H.K. "An anthropologist views the nutrition professions", Journal of Nutrition Education, 5:11-13, 1973.

Bonds, C., ed. Resource Kit - Food and Ethnicity. Toronto: University of Toronto, Child in the City and the Ontario Ministry of Culture and Recreation, 1978. $15.00.

Booth, S.S. History of Eating in Colonial America. New York: Clarkson N. Potter, 1971. Out of Print.

Campbell, M. and Loewen, R., "The food habits of Southeast Asian refugees-implications in the Canadian setting", Canadian Home Economics Journal, 31 (2):92, 1981.

Casey, P. and Harrill, I., "Nutrient intake of Vietnamese women relocated in Colorado", Nutrition Reports International, 16:687, 1977.

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Cowell, C. and Sobelson, O. "Stirring the cultural melting pot", Journal of Home Economics, 65 (7):20, 1973.

Dorolle, P. "Ethnology and health problems", WHO Chronicle, 7:355, 1953.

Farb, Peter and Armelagos, George. Consuming Passions: The Anthropology of Eating. Boston: Houghton Mifflin Co., 1980. $12.95

Fathaver, G.H. "Food habits - An anthropologist's view", Journal of the American Dietetic Association, 37 (10):335, 1960.

Fenton, A., and Owen, T.M. Food in Perspective - Proceedings of the Third International Conference on Ethological Food Research. Atlantic Highlands, N.J.: Humanities Press, Inc., 1981. $50.00

"Food in many languages is concern in planning menus and teaching modified diets", Hospitals, 38 (7):165, 1964

Freedman, R.L. Human Food Uses: A Cross Cultural Comprehensive Annotated Bibliography. Westport, Conn.: Greenwood Press, 1981. $65.00

Garine, I.D. "The socio-cultural aspects of nutrition", Ecology of Food and Nutrition, 1 (2):143, 1972

Gifft, H.M., Washbon, M.B., and Harrison, G.G. Nutrition, Behavior, and Change. Englewood Cliffs, N.J.: Prentice-Hall Publishers, 1972. $18.95

Grivetti, L.E. and Pangborn, R.M. "Origin of selected Old Testament dietary prohibitions", Journal of the American Dietetic Association, 65 (6):634, 1974.

Gordon, B.M. "Food and history: Teaching social history through the study of cuisine patterns", Social Studies, 65 (5):204, 1974.

Harter, J. Food and Drink: A Pictoral Archive from Nineteenth - Century Sources. 2nd. ed. New York: Dover Publications, 1979. $6.00

Heiser, C.F. Seed to Civilization: The Story of Food. 2nd. ed. San Francisco, W.H. Freedman and Co., 1981. $9.95

Henisch, B.A. Fast and Feast: Food in Medieval Society. University Park, Penn.: Penn State Press, 1977. $16.95

Hodgson, P.A. "The many faces of food - as seen through the eyes of the artist", Journal of the American Dietetic Association 71 (3):248, 1977.

Hubbard, D.W. "Immigrant's special: Our nutrition heritage", School Foodservice Journal, 30 (9):59, 1976.

Jenner, A. Food: Fact and Folklore. Toronto: McClelland & Stewart, 1973. $4.95

Jerome, N.W., Kandel, R.F., and Pelto, G.H. Nutritional Anthropology: Contemporary Approaches to Diet and Culture. Pleasantville, New York: Redgrave Publishing, 1980. $12.80.

Jones, M.O., Giuliano, B., and Krell, R., Eds. "Food ways and eating habits: Directions for research," Western Folklore, Special Issue, XL(1), 1981. SOURCE: Managing Editor Western Folklore, Folklore Mythology Group, University of California, Los Angeles, California 90024. $6.50.

Katz, D. and Goodwin, M.T. Food: Where Nutrition, Politics and Culture Meet. Washington: Center for Science in the Public Interest, 1976. SOURCE: Center for Science in the Public Interest, 1755 S. Street NW, Washington, D.C. 20009. $4.50

Kaufman, M., "Vietnam, 1978: Crisis in food, nutrition, and health", Journal of the American Dietetic Association 74 (3):310, 1979.

Leung, W.W., Butrum, R.R. and Chang, F.H. A Select Bibliography of East Asian Foods and Nutrition Arranged According to Subject Matter and Area. Washington, D.C.: National Institutes of Health, 1972. SOURCE: Center for Disease Control, US DHHS, Public Health Service. Atlanta Georgia 30333. Single copy free.

Leung, W.T., Butrum, R.R., Chang, F.H. Food Composition Table for Use in East Asia. Washington, DC: National Institutes of Health, 1972. SOURCE: Center for Disease Control, US DHHS, Public Health Service. Atlanta, Georgia 30333. Single copy free.

Lowenberg, M.E., et al. Food and People. 3rd edition. New York: John Wiley & Sons, 1979. $20.95

Lynde, B.D. Study of Food Habits of Italians in Toronto. Toronto: University of Toronto, 1977. M.Sc. Thesis.

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Nichter, M. and Nichter, M. Anthropological Approach to Nutrition Education. Newton, Massachusetts: International Nutrition Communication Service, 1981. SOURCE: International Nutrition Communication Service, 55 Chapel Street, Newton, Massachusetts 02160. $4.00

Noel Hume, A. Food. Colonial Williamsburg Archaeological Series No. 9, Williamsburg, Virginia: The Colonial Williamsburg Foundation, 1978. $2.25

Pangborn, R.M., and Bruhn, C.M. "Concepts of food habits of 'other' ethnic groups", Journal of Nutrition Education, 2 (3):106, 1971.

Pelto, G., "Anthropological contributions to nutrition education research", Journal of Nutrition Education, 13 (1):2, 1981.

Pelto, G., "Methodological issues in nutritional anthropology", Food and Nutrition Bulletin, 3 (4):21, 1981.

Pimentel, D. and Pimentel, M. Food, Energy and Society. New York: John Wiley and Sons, 1979. $12.95

Rand, C. "Nutrition behavior: Exploring its sociological influences", Illinois Teacher, 19 (4):198, 1976.

Ritchie, I.A.C. Food in Civilization: How history has been affected by human tastes. New York: Beaufort Books, Inc., 1981. $10.95

Ritenbaugh, C., "An anthropological perspective on nutrition", Journal of Nutrition Education, 13 (1):13, 1981.

Robson, J.K., ed. Food, Ecology and Culture: Readings in the Anthropology of Dietary Practices. New York: Gordon and Breach, 1980. $30.25

Root, W. Food: An Authoritative and Visual History and Directory of the Foods of the World. New York: Simon and Shuster, 1980. $24.95

Sanjur, D. "Nutrition education materials: A socio-cultural approach", Human Ecology Forum; 1 (2):6, 1970.

Sanjur, D. Social and Cultural Perspectives in Nutrition. Englewood Cliffs, N.J.: Prentice-Hall, 1982. $18.95

Schaefer, A.E. "Immigrants: Diets and dietary problems", School Foodservice Journal, 30 (9):58, 1976.

Shifflet, P.A. "Folklore and food habits", Journal of the American Dietetic Association, 68 (4):347, 1976.

Simmons, F.J. Eat Not This Flesh: Food Avoidances in the Old World. Westport, CT.: Greenwood Press, 1981. $29.75

Smith, E. "Nutrition and regional foods cookery", Nutrition News, 38 (4):14, 1975.

Tannahill, R. Food in History. New York: Stein & Day, 1974. $8.95

Toronto Board of Education. Family Studies Department. Food for All Tastes. Toronto: Toronto Board of Education, (197-?). SOURCE: Family Studies Department, Toronto Board of Education, 155 College Street, Toronto, Ontario M5T 1T6. $11.00

Vickery, K.F. Food in Early Greece. Chicago: Ares Publishers Inc., 1936. $12.50

Walcher, D., Kretchmer, N., and Barnett, H.L., eds., Food, Man, and Society. New York: Plenum Press, 1976. $27.50

Washington, S. "Melting pot: A nutritional pot pourri", School Foodservice Journal, 30 (2):25, 1976.

Waverly R. and deRochemont, R. Eating in America. New York: Ecco Press, 1981. $9.95

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Wilson, C.S., ed. "Food-custom and nurture: An annotated bibliography on sociocultural and biocultural aspects of nutrition", Journal of Nutrition Education, 11 (4):Supplement 1, 1979.

Yang, G.I.P. and Fox, H.M., "Food habit changes of Chinese persons living in Lincoln, Nebraska", Journal of the American Dietetic Association, 75 (10):420, 1979.

Yudkin, J. and McKenzie, J., ed. Changing Food Habits. London: MacGibbon and Kee, 1964. Out of Print.

General Nutrition: References
and Resources

Bibliographies, indexes, directories, handbooks, dictionaries, teaching aids and a few general nutrition books are listed here. These sources provide information about both basic nutrition and list details of many other sources of books, pamphlets, audiovisuals and teaching aids which could be adapted for use with immigrant groups interested in nutrition. Address and price information has been included where the source is not a well known publisher.

Ashley, R. and Dugdal, H. Dictionary of Nutrition. New York: St. Martin's Press, 1975. $2.50

Bingham, S. Dictionary of Nutrition: A Consumer's Guide to the Facts of Food. London: Barrie & Jenkins, 1977. $ 5.95

Broome, C. and MacDonald, D. Newsletters, News Releases, and Journals Related to Food and Nutrition: A Selected List. Toronto, Nutrition Information Service, 1981. SOURCE: Library Publications Office, Room L284, Ryerson Polytechnical Institute, 50 Gould Street, Toronto, Ontario, M5B 1E8. $4.95, $4.00 prepaid.

Canada, National Department of Health and Welfare. Health Promotion Branch. Canada's Food Guide Handbook. (Revised) Ottawa: Queen's Printer, 1982. SOURCE: Information Directorate, Health and Welfare Canada. Ottawa, Ontario K1A 0K9. Free.

Canada, National Department of Health and Welfare. Health Protection Branch. Dietary Standard for Canada. Ottawa: Queen's Printer, 1979. SOURCE: Supply and Services Canada, Ottawa, Ontario K1A 0S9. $4.95

Canada, National Department of Health and Welfare. Health Protection Branch. Selected Nutrition Teaching Aids. Ottawa: Information Canada, 1976. SOURCE: Out of Print.

Canada, National Department of Health and Welfare. Health Services and Promotion Branch. Nutrient Value of Some Common Foods. Ottawa: The Queen's Printer, 1979. SOURCE: Information Directorate, Health and Welfare Canada, Ottawa, Ontario K1A 0K9.

Canada, National Department of Health and Welfare and Department of Agriculture. Shopping for Food and Nutrition. Ottawa: Queen's Printer, 1980. SOURCE: Information Directorate, Health and Welfare Canada, Ottawa, Ontario K1A 0K9. Free.

Chicago Nutrition Association. Nutrition References and Book Reviews. 5th ed. Chicago: Chicago Nutrition Association, 1981. SOURCE: NRBR Committee, Chicago Nutrition Association, 8158 S. Kedzie Ave., Chicago, Illinois 60652. $8.00

Dairy Bureau of Canada. Comparison Cards. Toronto: Dairy Bureau of Canada, (197-?). SOURCE: Dairy Bureau of Canada, 20 Holly Street, Toronto, Ontario M4S 2E6. $2.50 per set of 50 cards.

Dairy Bureau of Canada. Food Models. Chicago: National Dairy Council, (197-?). SOURCE: Dairy Bureau of Canada, 20 Holly Street, Toronto, Ontario, M4S 2E6. $10.20, large set of 146; $2.50 small set of 71.

Deutsch, R. The New Nuts Among the Berries. Palo Alto, California: Bull Publishing Co., 1977. ($5.95)

Deutsch. Ronald. Realities of Nutrition. Palo Alto, California: Bull Publishing Company, 1976. ($10.95)

Family Circle Magazine and the Food Marketing Institute. Catalogue of Nutrition Education Material. New York: The Family Circle, Inc. 1981. SOURCE: Family Circle, Inc., 488 Madison Avenue, New York, NY 10022. Single copy free.

Fremes, R. and Sabry, Z. The Joy of Eating. Waterloo, Ontario: Mutual Life Assurance Co., 19?8. (Free) SOURCE: Mutual Life Assurance Company, Waterloo, Ontario N2J 4C5

Fremes, R. and Sabry, Z. Nutriscore. 2nd ed. Toronto: Methuen Publishing, 1981. $11.95

Goodwin, M.T. and Howard, V. Guide to Nutrition Information. Rockville, Maryland: Montgomery County Health Department, 1977. SOURCE: Montgomery County Health Department, Room 213, 611 Rockville Pike, Rockville, Maryland 20852. Single copy free.

Gordon, K., Chedu, M., and MacDonald, D. Index of Free and Inexpensive Food and Nutrition Materials. Toronto: Nutrition Information Service, 1981. SOURCE: Library Publications Office, Room L284, Ryerson Polytechnical Institute, 50 Gould Street, Toronto, Ontario M5B 1E8. $11.95, $11.00 prepaid.

Hamilton, E.M., and Whitney, Eleanor, N. Nutrition, Concepts, and Controversies. St. Paul: West Publishing Company, 1979. ($16.95)

Hope, J. and Bright - See, E. Every Woman's Book of Nutrition. Scarborough, Ontario: McGraw-Hill Ryerson, 1982. $8.95

Hunt, J. Nutrition - A Guide to Sources of Information. Bethesda, Maryland: National Library of Medicine, 1979. SOURCE: National Library of Medicine, 8600 Rockville Pike, Bethesda, Maryland 20209. Singe copy free.

Lapedes, D.N., ed. McGraw-Hill Encyclopedia of Food, Agriculture and Nutrition. New York: McGraw-Hill Book Co., 1977. $24.50

Lappe, F. Diet for A Small Planet. New York: Ballantine Books, 1975. ($2.75)

Le Riche, H. The Complete Family Book of Nutrition and Meal Planning. Toronto: Hume Publishing, 1976. $11.95

Nova Scotia Department of Health. Choosing Reliable Nutrition Books. Halifax, Nova Scotia: N.S. Department of Health, 1979. SOURCE: Nova Scotia Department of Health. Nutrition Division, 6061 Young Street, Halifax, N.S. B3K 2A3. Single copy free.

The Nutrition Foundation. Nutrition Misinformation and Food Faddism. Washington, D.C.: The Nutrition Foundation, 1974. ($2.50) SOURCE: The Nutrition Foundation, Office of Education, 888 Seventeenth Street N.W., Washington, D.C. 20006.

The Nutrition Foundation. Office of Education and Public Affairs. Index of Nutrition Education Materials. Washington: The Nutrition Foundation, 1977. SOURCE: The Nutrition Foundation, 888 Seventeenth St., Washington, D.C. 20006. $8.75

Ontario Dietetic Association. Nuts and Bolts of Nutrition. Don Mills, Ontario: Ontario Hospital Association, 1980. ($4.95)

Ontario Ministry of Consumer and Commercial Relations, Consumer Information Center. Consumer Skills for Disadvantaged Adults: An Annotated Bibliography. Toronto: Ministry of Consumer and Commercial Relations, 1980. SOURCE: Consumer Information Center, 555 Yonge Street, Toronto, Ontario M7A 2H6. $2.00

Ontario Ministry of Consumer and Commercial Relations. Guide to Consumer Education Materials. Toronto: Ontario Ministry of Consumer and Commercial Relations, 1978. SOURCE: Consumer Information Center, 555 Yonge Street, Toronto, Ontario M7A 2H6. Single copy free.

Robertson, E.C. The Right Combination. Toronto: Gage Educational Publishing Ltd., 1978. $11.95

Robertson, L., Flinders, C. and Godfrey, B. Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition. Berkeley: Nilgiri Press, 1976. ($9.95)

Sakura, J., Plaatjes, N. and Gordon, K. A Directory of Canadian Organizations Involved in Food and Nutrition. Toronto: Nutrition Information Service, 1982. SOURCE: Library Publications Office, Room L284, Ryerson Polytechnical Institute, 50 Gould Street, Toronto, Ontario M5B 1E8. $10.95, $10.00 prepaid.

Saskatchewan Department of Health. To Read or Not to Read...A Guide to Selecting Reliable Nutrition Books. Regina: Saskatchewan Department of Health, 1980. SOURCE: Saskatchewan Health, 3475 Albert Street, Regina, Saskatchewan S4S 6C6. Single copy free.

Society for Nutrition Education. Nutrition Information Resources for Professionals Oakland, California: Society for Nutrition Education, 1979. SOURCE: Society for Nutrition Education, 1736 Franklin Street, Oakland, California 94612. $1.00

Toronto Department of Public Health. Interested in Nutrition? Toronto: Toronto Department of Public Health, 1979. SOURCE: City of Toronto Department of Public Health, Nutrition Services, City Hall, Toronto, Ontario M5H 2N2. Single copy free.

United States Department of A iculture. National Agricultural Library. Audiovisual Resources in Food and Nutrition. Phoenix, Arizona: Oryx Press, 1979. SOURCE: Oryx Press, 2214 N. Central at Encanto, Phoenix, Arizona 85004. $13.45

United States Department of Agriculture. National Agricultural Library. Food and Nutrition Bibliography. 10th ed. Phoenix, Arizona: Oryx Press, 1980. SOURCE: Oryx Press, 2214 N. Central at Encanto, Phoenix, Arizona 85004. $13.45

Wanzek, C. and Lindgren, M. The Chicago Nutrition Association Publications List 1977. Chicago: Kraft Inc., 1977. SOURCE: The Chicago Nutrition Association, 8158 South Kedzie Avenue, Chicago, Illinois 60652. $2.00

Translated Food and Nutrition Education Materials

Sources of nutrition information and education materials which have been translated into various languages are useful for obtaining resources for use in ethnic nutrition programs. Some of the American sources have information which is based on the U.S. food guide, which differs slightly from the Canadian version. Most of the materials are free, and can be reproduced if credit is given. Addresses for sources are provided.

1. California Department of Health Services
   WIC Supplemental Food Section
   714/744 P Street
   Sacramento, California 95814

   a) Nutrition Handouts (10 handouts)
   b) Nutrition Assessment Forms (2 forms)
   c) Background papers on Southeast Asian Food Practices

   Permission to duplicate upon request. Available in English and Vietnamese.
   PRICE: Free.

2. Canadian Diabetes Association
   British Columbia Division
   #13-100 1089 West Broadway
   Vancouver, British Columbia V6H 2V3

   a) The Basics of the Diabetic Way of Eating
   b) Exchange Lists for Meal Planning

   Both available in Chinese, Portuguese and Italian. PRICE: Free.

3. Canadian Diabetes Association
   National Office
   123 Edward Street, Ste. 601
   Toronto, Ontario M5G 1E2

   a) Basic Facts About Your Diabetic Diet (Chinese/English $0.50)
   b) Counselling Chinese Patients (English $1.00)
   c) Diabetes and Chinese Food (Chinese/English $3.50)
   d) Exchange Lists (English/French/Italian $0.60)
   e) Exchange Lists (Portuguese - free)
   f) Good Health Eating Guide (can be used as a non-lingual resource-$1.25)

4. Central Hospital
Dietary Department
333 Sherbourne Street
Toronto, Ontario M5A 2S5

a) Canada's Food Guide - translation available in Cantonese, Arabic, German, Italian, Hungarian, Greek, Portuguese, Spanish, French and English

b) Guide to the introduction of Foods (infant feeding) - translation available in Italian, Spanish, Greek, Hindu, Portuguese and English.

Translated low sodium, calorie restricted, diabetic, fat restricted and fibre restricted diets are available in the above languages and are available as part of dietary consultation. PRICE: Free.

5. Dairy Council of California
3400 W. Sixth Street, Ste. 401
Los Angeles, California 90020

Asian Food Guide for Teachers PRICE: $1.50

6. Food Habits Guide
2837 Alida St.
Oakland, California 94602
Attention: Kathy Go

The Food Habits and Practices of Southeast Asians PRICE: $3.00

7. Green Bay Area Free Clinic, Ltd.
338 S. Chestnut Avenue
Green Bay, Wisconsin 54303

Vitamin A, Vitamin C, Iron and Protein (4 flyers)

Permission to duplicate upon request. Available in English and Vietnamese.
PRICE: Free.

8. Manitoba Department of Health
Home Economics Directorate Resource Centre
880 Portage Avenue
Winnipeg, Manitoba R3G 0P1

a) Storing Your Food (Non-lingual flyer)
b) Why Do We Need the Food Guide (Handout)
c) Canadian Food Guide (Flyer)
d) Food and Your IndoChinese Refugee Family (Handout)

A package of materials in Laotian, Vietnamese, Chinese and English is available.
PRICE: Free.

9. Marion County Health Department
3180 Center N.E.
Salem, Oregon 97301

Pamphlets (breastfeeding, iron, vitamins)

Permission to duplicate upon request. Available in English and Vietnamese.
PRICE: Free.

10. Mercy Hospital and Medical Center
WIC Coordinator
4777 5th Avenue
San Diego, California 92103

The First Twelve Months: A Guide to Infant Feeding (Pamphlet)

Permission to duplicate upon request. Available in English and Vietnamese.
PRICE: Free.

11. Montgomery County Health Department
6400 Democracy Blvd.
Bethesda, Maryland 20034

Pregnancy and Infant Feeding (6 informational flyers)

Permission to duplicate upon request. Available in English and Vietnamese.
PRICE: Free.

12. Oklahoma State Department of Health
WIC Program
Nutrition Division
Northeast 10th and Stonewall
Oklahoma City, Oklahoma 73105

Diet During Pregnancy (Booklet)

Permission to duplicate upon request. Available in English and Vietnamese.
PRICE: Free.

13. Ramsey County Nutrition Programs
555 Cedar Street
St. Paul, Minnesota 55101

Southeast Asian Information Packet includes:

a) Nutrition Assessment Forms and Directions
b) Flipchart
c) Pamphlets (Infant feeding, WIC program, Vitamins/Minerals, Spices, Food Preferences, Food Habits)

Permission to duplicate can be obtained on request. Available in English, Vietnamese, Hmong and Laotian. PRICE: Free.

14. Toronto Department of Public Health
Nutrition Services
City Hall
Toronto, Ontario M5H 2N2

Canada's Food Guide - translation available in Italian, Greek, French and English. PRICE: Free.

15. United States Department of Agriculture
Food and Nutrition Service
Washington, D.C. 20250

a) A series of pamphlets designed to inform nutritionists of the nutritional status and food habits of Southeast Asians and to provide information on teaching nutrition to them. Reference and resource lists are included. (FNS-224 to FNS-230)

b) Eating For You and Your Baby (Spanish)
(PA-1198-S)

c) Good Foods Coloring Book (Spanish)
(PA-912-S)

Permission to duplicate upon request. Available in English and Vietnamese. PRICE: Free.

16. University of California
Family and Consumer Sciences
Cooperative Extension
Berkeley, California 94720

A series of 22 pamphlets on a wide range of food topics including daily food guides and recipes.

Permission to duplicate on request. Available in English and Vietnamese. PRICE: Free.

17. University of Minnesota - Twin Cities
School of Public Health
1360 Mayo Memorial Building
420 Delaware St. S.E.
Minneapolis, Minnesota 55455
Attention: P. Splett

a) Pregnancy Series (5 newsletters)
b) Child-feeding (5 newsletters)
c) Health and Nutrition (5 handouts)
d) Shopping (5 handouts)
e) Food Guide (3 posters and instructions)
f) Recipes (14 pictoral instruction sheets)
g) Using Unfamiliar Products (4 lesson plans)
h) Concepts (8 lesson plans)

A package of materials is available which includes material in English, Vietnamese, Laotian and Cambodian. Permission to duplicate can be obtained on request. PRICE: $1.50/package.

18. University of Wisconsin-Extension
Cooperative Extension Programs
8 Lowell Hall
610 Langdon Street
Madison, Wisconsin 53706

Booklet 70 p. (food shopping)

Permission to duplicate upon request. Available in English and Vietnamese. PRICE: Free.

19. Washington State Department of Social and Health Services
WIC Program
Olympia, Washington 98504

a) The First Twelve Months
b) Infant Formula Preparation
c) Healthy Snacks for Children
d) Iron - the Hard-to-Get Nutrient
e) Vitamin A
f) Calcium
g) Not While Baby Sleeps

These pamphlets are available in Chinese, Cambodian, Vietnamese and Laotian. PRICE: Free.

While the section on food customs provides references on food patterns and habits, information about the actual cuisine of various cultures is best represented through cookbooks.

Bach Ngô and Gloria Zimmerman. Classic Cuisine of Vietnam. New York: Barron/Woodbury, 1979. $17.95

Black, Colette. Southern Italian Cookbook. New York: Collier, 1967. $0.95

Body, Ann. Gourmet's Guide to Chinese Cooking. London: Octopus Books, 1974. Out of Print.

Bourne, Ursula. Portuguese Cookery. Harmondsworth, Eng.: Penguin Books, 1973. £0.30.

Canadian Hunger Foundation. Develop A Taste...for International Food and Cultures. Ottawa: Canadian Hunger Foundation, 1982. SOURCE: Canadian Hunger Foundation, 323 Chapel Street, Ottawa, Ontario K1N 7Z2. Free.

Cavaiani, M., Ureashian, M. and Nielsen, S. Simplified Quantity Ethnic Recipes. Rochelle Park, N.J.: Hayden Book Co., 1980. $15.95

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EATING RIGHT

Script - By Claire Prieto and Donna MacDonald

TITLE

MUSIC - slides 1-7*******

*Every country, every culture, has its own foods...*but regardless of nationality, good nutrition means eating the *right foods to give us the best possible chance* at a healthy life.

One easy way to be sure you are getting a nutritionally complete diet is to eat foods from the four food groups every day. They are: *milk and milk products or their alternates, *bread and cereals, *fruit and vegetables, and *meat and its alternates.

MUSIC

*The foods in the milk group are body builders - they are the best dietary sources of calcium and Vitamin D. *Milk is also a good source of protein and the Vitamins B and A.

We need these nutrients to build strong bones and teeth and to build and repair our body tissues.

One serving of milk or its alternates is equal to 1 cup of milk or yogurt or *one and a half ounces of cheese.

How much you need depends on your age and level of activity. Children need a minimum of two to three servings* of milk a day. Adolescents are usually more active and their bodies are *developing rapidly - they need three to four servings a day. If you are pregnant or breast feeding your baby*, you need three to four servings of milk or its alternates a day to be sure your body is getting the nutrition it needs* and to provide the added calcium and protein for an adequate milk supply* which will in turn give your baby strong bones and teeth.

If you cannot tolerate milk, *tofu is a good substitute - it is made from soyabean curd* and is very high in iron, calcium and protein.* Yogurt, cheese and fish with soft bones should also be high on your daily list.

MUSIC*

Bread and cereals are our staple foods. Different types of bread* are used in every country in the world. Rice is common to many* countries and noodles and pasta* are also widely used.

Three to five servings of whole grain* or enriched bread and cereals daily give us the carbohydrate we need for an adequate energy supply. B vitamins,* iron and protein are also found in bread and cereals.

Whole grain products are best. They contain fibre which provides bulk and helps keep you regular.

MUSIC*

There is such a wide variety of fruits and vegetables available in Canada, it should be very easy to get the four to five servings we need each day. What is a serving? *Half cup of cooked fruit, vegetable or their juice or one medium sized fruit or vegetable.

Fruits* and vegetables are our protective foods - from them we get the Vitamins A and C and folic acid. They also* provide us with carbohydrates and fibre. We need these nutrients for healthy blood, smooth skin and protection from illness and infections.

Oranges* are your best source of Vitamin C - have one every day! Grapefruits, brocolli* and green peppers are also good sources of Vitamin C. *Most women need additional amounts of iron in their diet - if your are using an IUD you should be paying special attention to your daily iron intake. *Green leafy vegetables like spinach, brocolli, bak choy are very good sources of iron and Vitamin A. *Liver, milk and whole grain cereals are also very good sources of iron.

MUSIC*

*Two servings of foods in the meat and alternates group is the recommended daily intake. *One serving is equal to two to three ounces of meat, poultry, liver or fish; *four tablespoons of peanut butter; one cup of beans, peas or lentils; two ounces of cheese; two eggs.

Foods in the *meat group are our main source of protein - they also supply us with iron, B vitamins and *folic acid. Protein builds and repairs body tissues and helps us fight infection.

Remember if you are using *an IUD you will need additional amounts of iron - include liver in your diet regularly.

*If you are not a meat eater your protein can come from peas, beans, soyabean, *fish, cheese and peanut butter.

*Meat alternates like peas, beans and peanut butter contain incomplete protein *but can be improved by combining them with milk and milk products or bread and cereals...*discuss this with your doctor or do some additional reading if you are interested in using this approach to eating.

MUSIC

*To see how food group eating works we compared the meal plans of people from different countries - Filomena and her friends are Portugese, *Dorothy Vassel is Jamaican, *Domenica Dijenova is Italian, *Miriam is Latin American and *Karen Chau is from Vietnam.

*Breakfast for most of them is a quick meal of bread and butter with cheese *and a cup of coffee or tea. The kids usually *have a glass of milk with their breakfast. The bread accounts for 2 servings from *the bread and cereals group and the cheese; 1 serving from the meat group. For the children, the *milk would give another serving from the milk group. *Karen's breakfast looks different but gives her the same nutritional value as the others; *a bowl of noodles and wontons filled with meat. Their son, Ken, *has a bowl of mung bean porridge, and one glass of milk and a fruit. *Mung beans are very high in protein and along with the milk and fruit, *Ken has a very good start on his day.

MUSIC

*Dorothy and Domenica's family have similar lunches - sandwiches of tomatoes and cheese along with a glass of fruit juice *and a fruit to complete the meal. This gives them 2 servings of bread and cereals, 3 servings *of fruit and vegetables and one serving from the meat group.

*Filomena and her friends have a meal of fish and potatoes, a fresh salad of *lettuce and tomatoes followed by fruit and wine. This gives them 1 serving of meat, *and 3 servings of fruit and vegetables. The bread that accompanies their meals *adds another serving to the bread and cereals group.

*Miriam and her kids begin their lunch with a soup of semolina, *vegetables and meat. This is followed by a salad of fresh *vegetables and bread. A glass of orange juice *accompanies their meal. This adds 1 serving of bread and cereals, *1 of meat and 3 of fruit and vegetables to their nutrition countdown *for the day. The same as Filomena's!*

Lunch for Karen's family is fried fish, *rice, tofu, steamed with meat and chives and a dish of green beans and *carrots with strips of meat. A light soup of chinese water *lilies accompanies the meal and fruit is always present at the table. Like the others, *Karen and her family are adding 3 servings to the fruit and vegetable group and 1 to the bread and cereals. *The tofu and the meat combination along with the fish, gives them 2 servings from the meat and alternates group.

MUSIC*

The mid-afternoon snack of fruit or a sandwich with a glass of milk or fruit juice *is common to everyone. For Miriam's, Dorothy's *and Domenica's kids, milk gives *them the additional calcium and protein they need for healthy growth.

MUSIC

*After a busy day at school or work, dinner is very welcome.

For Domenica's family, *a salad of lettuce, tomatoes and celery along with cauliflower, *is followed by a dish of* spaghetti and meatballs in tomato sauce. Homemade wine is Domenica's choice *at this meal, the kids have fruit juice or a glass of milk.

At *Dorothy Vassel's house, dinner is a time for the family to get together. The basic *meal is congo peas and rice and stewed beef. Lettuce, cucumbers, *tomatoes, potato salad and fruit juice complete the meal.

*Filomena starts her dinner with vegetable soup and goes on to *have beef and potatoes smothered in onions and red peppers along with a salad and the ever present *bread. Fruit and wine complete their dinner.

*Miriam's family have a combination dish of rice, chick peas, sausages and pumpkin, *followed by a salad and bread with a glass of fruit juice.

*For Karen and her family, dinner consists of rice, vegetables *and a combination plate of beef, shrimp, and tofu, followed by fruit and juice. *A fitting end to any day.

MUSIC

*They may eat differently, but all our friends have had the recommended daily *servings of foods from the four food groups.

*Domenica serves the four foods groups to her family, but she eats less bread and cereals. *This helps keep her weight stable while giving her the variety of nutrients she needs.

*Filomena has additional servings of bread and cereals - she needs *the energy they supply to get through her busy days.

*Growing children also need additional energy from the bread and cereals *group and lots of milk for building strong bones and teeth. *Miriam, Dorothy, and Dominica *serve their kids additional servings of bread and cereals and lots of milk.

MUSIC

*It doesn't matter where we come from or what our cultural traditions are. *Eating right is easy in any culture. Just remember the four food groups:

*Bread and Cereals
*Milk and Milk Products
*Meat and its Alternates
*Fruit and Vegetables

*Use a variety of the foods you know every day...*and give yourself the best possible chance at a healthy life.

TITLE*

TITLE*

TITLE*

TITLE*

*NOTE: Asterisks indicate a change of slide. Users with manual systems may want to color the asterisks in red to make the changes visually easier.